



NEWS IN A "HEARTBEAT"



PenMRC Volunteers to date = 323 Approved Level 1, 2, 3

WELCOME: Melissa Kinkoph, and Debbie Klimczynski

THANK YOU to volunteers who served or trained in **JANUARY**: Larry Barclay, Jennifer Basak, Mary Begor, Dale Bull, Leah Cassada, Wanda Clarke, Martha Clift, Sonnie Cody, Carolyn Conley, Jewelyn De La Cruz, Fran Doyle, Brandon Killian, Debbie Klimczynski, Mary Loesch, Heidi Lugo, Vivienne McDaniel, Maggie McNeely, Patricia Moore, Linda Muir, Amarlia Osouna, Brenda Sarno, Sam Tate—DVM, Michelle Sheeler, Claudia Spurill, Donna Terry, Alexis Upton, Larry Watson, and Lisa Wood

38 Volunteers Provided 144 Hours of Service; 111.5 Non-Medical and 32.5 Medical and were sent 12 VVHS Alerts

Events and Trainings for January 2013: York County Community Animal Shelter Team Training, Hampton Roads Health and Kidney Awareness Fair, Diabetes Community Health Workers Training, Chronic Disease Self Management Training, Riverside Anthrax Response Exercise, Blood Pressure Screenings, ICS-100, ICS-5, ICS-700, Peninsula MRC Orientation.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteers provided 74 BP Screenings in January 2013.

Amazing! If you missed the Volunteer Recognition and Awards event on February 2, then we missed you! and telling you just how amazing you were in 2012.

But all is not lost—here is a sneak peek:

Total hours: Medical: 644.5;
Non-Medical: 1,272.5

Total volunteers participating:
290

TOTAL HOURS for 2012:
1,917

Newport News 1513.75; Hampton 184.25; Williamsburg/JCC 88.5; York 27.5; Poquoson 4.5; Regional 88; State 10.5

TOTAL Volunteer VALUE for 2012: \$52,338.66

Watch your email for the full report.

Going Social...



Like us:
Peninsula Medical Reserve Corps, Virginia



@PeninsulaVAMRC

Check **Facebook** for general information and event highlights.

Check **Twitter** for up to the minute updates on what Peninsula MRC is doing locally during disasters.

On the web:
<http://www.vdh.virginia.gov/mrc/peninsulamrc>

Inside the Peninsula MRC Office:

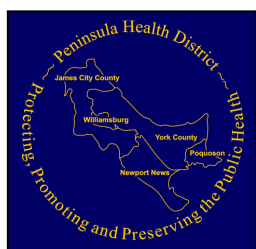
It is a very exciting, bustling place...never a dull moment. For example:

Shelley Trautman—MRC Volunteer and PHD Staffer and Julie Segor prepare the 'mixer' for the Volunteer Awards and Recognition event.



Quick Reminder: Sometimes we have an overwhelming volunteer response to event alerts—that is a good thing. So, in order to monitor staffing levels and ensure a smooth event, if you selected available for an alert, and did not receive deployment orders, you were not selected to serve; please do not self-deploy. If you do, you forfeit liability protection under VDH.

Why were you not selected? We carefully select based on credentials and training weighing against the event request. But also, we don't want to burn anyone out, so we rotate through volunteers as best we can. But, you may be on a reserve status to backfill until the event is completed.



www.ReadyHamptonRoads.org

This website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia



Training... Is still the gateway to serving, but would you like to get a copy of your training record? By using the Virginia Learning Management System TRAINVirginia, you can keep track of all of your training, and email or download a copy of your transcript, anytime or anywhere! To get started, click on <http://va.train.org>, and then click in Create an account.

Tip: In order to be able to register for a class with Peninsula MRC via TRAIN, you will need to be sure to affiliate yourself with the Medical Reserve Corps (Peninsula). To see our Training Calendar in Google, click here:

[View Eastern Region MRC Training Calendar calendar](#)

Public Health Outreach... Is still a big part of the day to day operation in Peninsula MRC. See what's coming up:

[View Peninsula MRC Public Health and Outreach Calendar calendar](#)



Exercises...

Everybody loves exercises, and so do we. We have the FEMA graded Surry exercises coming up this Spring. Keep an eye on what is coming up:

[View Peninsula MRC EP & R Exercise Calendar calendar](#)

(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)

Emergency Response. It does seem like disasters are on the rise. *Fortunately we don't have a calendar of events for this one.* But **be prepared** because your help will be needed.

Riverside Doctors Hospital—we have the Memorandum of Understanding, and will be recruiting volunteers to assist with Surge.



Contact Information:

Peninsula Medical Reserve Corps
Peninsula Health District
416 J Clyde Morris Blvd.
Newport News, VA 23601
Main: 757-594-8045
Fax: 757-594-8612

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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E-NEWS FLASH FROM PENINSULA MRC—FEBRUARY 2013

Volunteers Protecting the Health of Virginia